Chocolate Cake

Chocolate cake is common at events. Once, chocolate icing was used to cover up the odd flavors of the flours used in some gluten free cake mixes. This is no longer necessary. When I first made cakes, I enjoyed making spiral cakes. I would use a yellow or white cake mix, and just pouring into baking pan, I would lightly stir chocolate syrup throughout. That made tasty, and pretty decorations from a simple cake mix. I've also made chocolate cake from scratch, though it's been a few decades. Cocoa powder mixed in with regular cake flour adds flavor, and the chocolatey color.

Pre Cook Preparation:

Meal Adaptations:

- Physical Accommodations:
  - Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
  - Large handled measuring cups and spoons
  - Large handled mixing spoons
- Visual Accommodations:
  - Easily identifiable labeled ingredients
  - Long oven mitts
  - Brightly colored measuring cups, spoons, and bowls
- Potential Food Allergy or Intolerance:
  - Butter (lactose)
  - Eggs
  - Flour (gluten)
  - Milk (lactose)
  - Sugar (diabetics)
  - Vanilla Flavor (gluten)
- Meatless Preparation Avoid:
  - Butter
  - Eggs
  - Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.

*** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions. Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 cake mix (gluten free)
  - Verify ingredients:
    - 1/2 cup of butter (1 stick)
    - 3 eggs
    - 2/3 cup of milk (lactose free)
      - Almond, or
      - Soy
    - 2 tablespoons vanilla (gluten free)
- 1 batch of icing
- Dash of salt
- 1 tablespoon of sugar
  - Optional:
    - Chocolate syrup

Preparation time: 15 minutes

Preparation:
1. Melt butter in microwave safe cup for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   - 1/2 cup butter
   - 3 eggs
   - 2/3 cup of milk
   - 2 tablespoons gluten free vanilla
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, butter, and milk. Mix thoroughly.
5. Add optional chocolate syrup, if desired. Mix lightly.
6. Pour into greased pan.
7. Place greased pan in oven at 350 degrees. Set timer for the minimum specified time.
8. Use a clean toothpick to verify doneness of the cake in the middle and the edges. It should come out clean.
9. Allow cake to cool slightly before dumping onto a clean plate.
10. Lightly coat in icing.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 30 to 45 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**

Add your microwave time here: _____.